

Baked Fish, Vegetables & Spinach (Gluten-free)



Plated meal ready to enjoy

Time to Make

- Prep: 5 min
- Cook: 15-20

Cost: \$20

Serving Size: 3-4

Ingredients:

- 10 oz cod, portioned into 3 pieces (or fish of choice)
- 2 tangerines
- 1 bunch scallions
- 2 medium zucchini or yellow summer squash
- 1 pint cherry tomatoes
- 10 oz baby spinach
- ½ tsp chili flakes
- 2 ½ T safflower oil, divided
- 2 T light soy sauce (or Bragg's Liquid Aminos)

Directions:

Preheat oven to 450 degrees

Line large sheet pan with foil, and smear with ½ T safflower oil

Rough chop white & light ends of scallions into 1" pieces, reserve dark green pieces

Dice zucchini/squash into ½" inch pieces

Lay dark green pieces of the scallions on one side of the sheet pan
Slice one tangerine, and lay on top of the scallions
Place fish over tangerine/scallion bed
Place tomatoes, squash, and remaining scallions on other side of sheet pan
Whisk 2 T oil, 2 T soy sauce, chili flakes, and juice of 1 tangerine (or mix in mason jar)
Pour half of the dressing over the fish
Pour remaining dressing over the vegetables, and toss to coat
Bake for 15-20 minutes
Immediately pour hot vegetables over spinach
Toss to wilt spinach and coat with dressing



Fish & veggies about to go into the oven



Veggies ready to be added to the spinach